

Employee Well-being Monthly Tip Sheet

March 2024



Nutrition Awareness Month

This month's tip sheet is all about Nutrition Awareness, and empowering you to explore resources around intuitive eating while bidding farewell to the restrictive diet mentality. These resources illustrate how to substitute the typical cut-and-dry approach, we're championing the "add don't restrict" philosophy, and encouraging you to savor the foods you love without guilt. This month is all about fostering a positive relationship with food, guiding you toward a healthier, more intuitive approach to nourishing your body. Utilizing our tools and suggestions, let's kick those diet norms to the curb and embark on a journey toward a more mindful and satisfying eating experience!

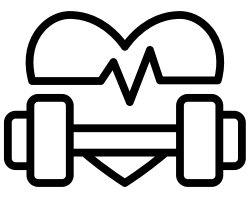
Well-being Resources



Monthly Challenge: Nourish Your Plate, Love Your Food

This month's empowering challenge is focused on embracing a positive relationship with food through the "add don't restrict" philosophy! By saying goodbye to food restrictions, not only will you savor your meals, but you'll also embark on a journey to discover the joy of creating healthy and satisfying dishes without the need to cut out any items.

[Download the Challenge](#)



Focus on Fitness: Intuitive Exercise

While intuitive eating focuses on rejecting diet culture and trusting hunger cues, intuitive exercise emphasizes self-care and enjoyment over self-control and obligation. It challenges the traditional "no pain, no gain" mindset and aims to be a sustainable antidote to the common fitness frenzy after the holiday season.

[Read More](#)

Try Intuitive Eating to Break the Diet Cycle

The article explores chronic dieting's cycle, noting its all-or-nothing mentality and the repetitive pattern it engenders. Researchers Janet Polivy and C. Peter Herman's 1970s studies exposed cognitive disparities among chronic dieters, shedding light on the psychological toll and potential for overeating.



[Read More](#)



The "Add, Don't Restrict" Eating Approach to Nutrition

The article addresses the difficulty of maintaining a nutritious diet and warns against the dangers of restrictive dieting, such as the development of disordered eating habits. It advocates for the "add don't restrict" approach, emphasizing the importance of incorporating nutritious foods into one's diet to promote meal satisfaction and a healthier relationship with food.

[Read More](#)

Give us some feedback

Tell us how we're doing! Take a moment to complete [this survey](#) and help shape tip sheet content .



Build Your Own Lunchables

We're celebrating National Nutrition Month. Come spend time with the Wellness Empowerment Center's dietitians to learn how to build a balanced meal or snack and even make your own. Don't forget to RSVP. Open to students and staff.

Date: March 26, 2024

Time: 11:00 AM- 1:00 PM

Location: Peachtree Room in the Student Center

[RSVP](#)

